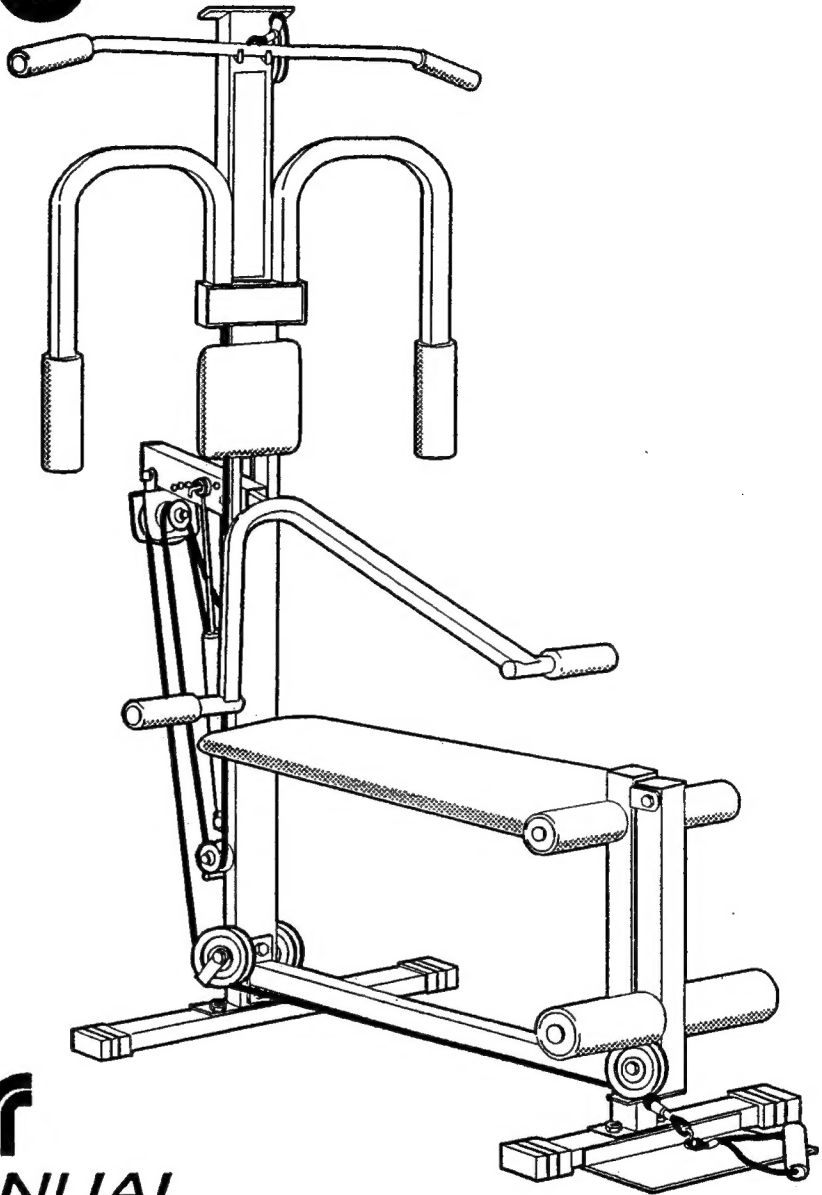


2 CABLE SYSTEM

# E5000

## AIR POWER



### WAIT, READ THIS FIRST!

*If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.*

*The ASSEMBLY MANUAL*

*MODEL NUMBER of this UNIT*

*PART NAME or DESCRIPTION*

*ORDERING NUMBER*

*THE QUANTITY of each part that you need.*

*THE MODEL NUMBER of this unit can be found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS, or a NUMBER preceded by TWO LETTERS.*

*THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.*

# weider

## OWNER'S MANUAL

MADE IN CANADA

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

**IMPORTANT:** Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

PRINTED IN CANADA

**WEIDER SPORTING GOODS INC.**  
21100 Erwin Street, Woodland Hills, CA. 91367 USA

## ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call WEIDER SPORTING GOODS.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.

2. Before ordering parts by phone have ready the following information to expedite your order:

- a. Name of the product (AIR POWER)
- b. Model number of product (E5000)
- c. Ordering number of part (See Parts List page.)
- d. Description of the part from the Parts List page
- e. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Sporting Goods.

All parts and service inquiries should be directed to:

Weider Sporting Goods

Parts Service Department

# E5000 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	FRAME MAST	1	C1220-E09*F66
2	MAIN FRAME	1	C2181-E09*F66
3	REAR BASE	1	C2179-E09*F66
4	FRONT BASE	1	C2180-E09*F66
5	SUPPORT PLATE	2	C6713-E03*F66
6	BACKREST	1	C1340-E08*F66
7	LEG EXTENSION	1	C2182-E09*F66
8	ROLLER PAD BAR 3/4" X 15 3/4"	2	C6323-E12*F66
9	CAM ARM - RIGHT	1	C1222-E09*F66
10	FOAM ROLLER - 2 1/4" X 7"	2	C0452-E10*F66
11	FROAM ROLLER - 3 1/4" X 7"	2	C0443-E02*F66
12	PEC-DECK ARM	2	C1203-E08*F66
13	CAM ARM - LEFT	1	C1223-E09*F66
14	FOAM ROLLER - 4" X 7 1/2"	2	C0450-E08*F66
16	HEAD REST PAD	1	C1341-E08*F66
17	LEVER ARM	1	C1221-E09*F66
18	ARM PRESS HANDLE	1	C6263-E09*F66
19	FOAM GRIP - 2" X 5"	4	C0451-E08*F66
20	LONG CABLE	1	C6657-F66*F66
22	SHORT CABLE	1	C6656-F66*F66
23	REAR PULLEY BRACKET	1	C6919-E09*F66
24	SHOCK	2	ZZ-0002*F66
25	CABLE TRAP BRACKET	2	C6920-E09*F66
26	LAT BAR	1	C6803-D35*F66
27	LEVER ARM DECAL	1	DE-4175*F66
28	RESISTANCE DECAL	1	DE-4174*F66
29	MAST DECAL	1	DE-4171*F66
30	LEG STRAP W/DUMBBELL HANDLE	1	EE-0075*F66
32	ACCESSORY ROPE	1	C6602-D23*F66
35	5/16" X 2 1/4" HEX HEAD BOLT	3	HH-5199*F66
36	1/4" X 2 1/4" CARRIAGE BOLT	2	HH-5367*F66
37	1/4" NYLON LOCK NUT	2	HH-5011*F66
38	1 3/4" SQUARE PLASTIC INSERT CAP	1	AA-8006*F66
39	5/16" X 3 1/2" HEX HEAD BOLT	4	HH-5294*F66
40	5/16" X 1 3/4" HEX HEAD BOLT	4	HH-5301*F66
41	1 1/2" X 3" RUBBER FOOT	4	AA-8113*F66
42	1 1/2" X 3" PLASTIC INSERT CAP	3	AA-8130*F66
43	5/16" X 2" HEX HEAD BOLT	2	HH-5054*F66
45	5/16" NYLON LOCK NUT	19	HH-5012*F66

# E5000 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
46	5/16" FLAT WASHER	6	HH-5127*F66
47	1/4" X 3/4" ROUND HEAD SCREW	4	HH-5022*F66
49	2" SQUARE PLASTIC INSERT CAP	2	AA-8002*F66
50	3/4" ROUND PLASTIC INSERT CAP	4	AA-8004*F66
51	1 1/2" SQUARE PLASTIC INSERT CAP	8	AA-8001*F66
52	5/16" X 3" HEX HEAD BOLT	1	HH-5167*F66
53	1/4" X 2" ROUND HEAD SCREW	2	HH-5256*F66
54	3/8" X 3 1/2" HEX HEAD BOLT	2	HH-5062*F66
55	3/8" NYLON LOCK NUT	9	HH-5088*F66
56	1 1/4" ROUND PLASTIC INSERT CAP	4	AA-8014*F66
57	LOCKING PIN	2	WW-7049*F66
59	3 1/2" PULLEY	5	AA-8133*F66
60	3/8" FLAT WASHER	10	HH-5265*F66
63	5/16" X 4" HEX HEAD BOLT	1	HH-5302*F66
65	3/8" X 6" HEX HEAD BOLT	1	HH-5366*F66
68	1" ROUND PLASTIC INSERT CAP	2	AA-8005*F66
69	"S" HOOK	2	HH-5181*F66
70	STIFFENING PLATE	1	C6717-E09*F66
75	1/4" FLAT WASHER	4	HH-5048*F66
77	4 1/2" PULLEY	2	AA-8122*F66
78	1/2" X 1 1/2" METAL SPACER	1	HH-5368*F66
79	SMALL SPRING CLIP	1	WW-7043*F66
80	3/8" X 4 1/2" HEX HEAD BOLT	1	HH-5363*F66
81	SWIVEL PULLEY BRACKET	2	C7715-F66*F66
82	5/16" X 2 3/4" HEX HEAD BOLT	2	HH-5058*F66
83	5/16" X 2 1/2" HEX HEAD BOLT	2	HH-5053*F66
84	1/2" LONG SPACER - 5/16" I.D.	2	HH-5387*F66
85	3/8" X 8 1/4" THREADED ROD	1	HH-5503*F66
86	3" V-PULLEY	3	AA-8199*F66
87	3/8" X 3 3/4" HEX HEAD BOLT	1	HH-5349*F66
88	3/8" X 1 3/4" HEX HEAD BOLT	2	HH-5308*F66
	ASSEMBLY MANUAL		NN-1236*F66
	HARDWARE BAG (BOLTS & NUTS)	1	C8760-F66*F66
	HARDWARE BAG (PULLEYS)	1	C8761-F66*F66
	HARDWARE BAG (PLASTICS & BRACKETS)	1	C8762-F66*F66
	HARDWARE BAG (FOAM ROLLERS)	1	C8763-F66*F66

**STEP 1 FRAME ASSEMBLY**

PART NAME	QTY
35 5/16" X 2 1/4" HEX HEAD BOLT	2
36 1/4" X 2 1/4" CARRIAGE BOLT	2
37 1/4" NYLON LOCK NUT	2
38 1 3/4" SQUARE PLASTIC INSERT CAP	1
40 5/16" X 1 3/4" HEX HEAD BOLT	4
41 1 1/2" X 3" RUBBER FEET	4
43 5/16" X 2" HEX HEAD BOLT	2
45 5/16" NYLON LOCK NUT	9
46 5/16" FLAT WASHER	2
47 1/4" X 3/4" ROUND HEAD SCREW	4
49 2" SQUARE PLASTIC INSERT CAP	2
50 3/4" ROUND PLASTIC INSERT CAP	4
52 5/16" X 3" HEX HEAD BOLT	1
75 1/4" FLAT WASHER	2

☐ Assemble FRAME MAST (1) to the REAR BASE (3) using 5/16" X 1 3/4" HEX HEAD BOLTS (40) and 5/16" NYLON LOCK NUTS (45). Press 1 1/2" X 3" RUBBER FEET (41) onto each end of the base section.

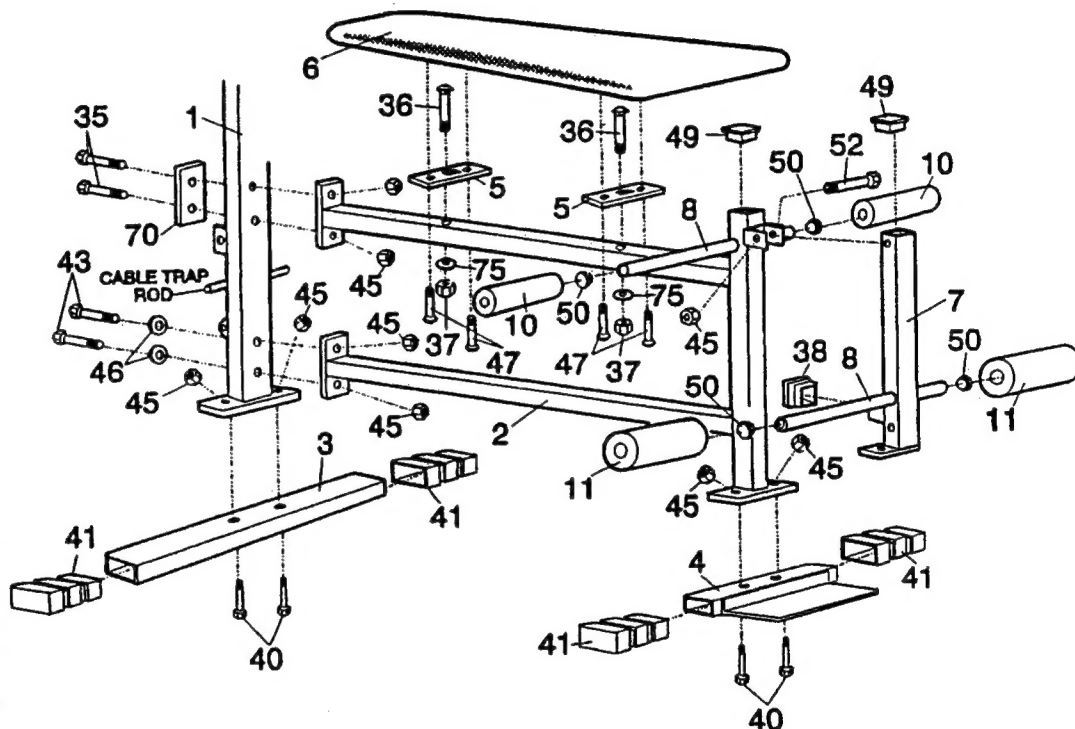
☐ Press 1 1/2" X 3" RUBBER FEET (41) onto each end of the FRONT BASE (4) and assemble the Front Base to the MAIN FRAME (2) with 5/16" X 1 3/4" HEX HEAD BOLTS (40) and 5/16" NYLON LOCK NUTS (45).

☐ Bolt bottom of the MAIN FRAME (2) to the FRAME MAST (1) with 5/16" X 2" HEX HEAD BOLTS (43), 5/16" FLAT WASHERS (46), and 5/16" NYLON LOCK NUTS (45). Bolt the top of the MAIN FRAME (2) to the FRAME MAST (1) with 5/16" X 2 1/4" HEX HEAD BOLTS (35), STIFFENING PLATE (70), and 5/16" NYLON LOCK NUTS (45).

☐ Bolt SUPPORT PLATES (5) to the MAIN FRAME (2) with 1/4" X 2 1/4" CARRIAGE BOLTS (36) and 1/4" FLAT WASHERS (75) and 1/4" NYLON LOCK NUTS (37).

☐ Fasten the BACKREST (6) to the MAIN FRAME (2) using 1/4" X 3/4" ROUND HEAD SCREWS (47).

☐ Attach the LEG EXTENSION (7) to the MAIN FRAME (2) so the plate on the bottom of the Leg Extension is to the left as you stand in front of the unit. Bolt with a 5/16" X 3" HEX HEAD BOLT (52) and 5/16" NYLON LOCK NUT (45). Use household oil to lubricate the sleeve in the top of the Leg Extension.



☐ Press 2" SQUARE PLASTIC INSERT CAPS (49) into the top of the MAIN FRAME (2) front leg and LEG EXTENSION (7). Press 1 3/4" SQUARE PLASTIC INSERT CAP (38) into the rear tube on the LEG EXTENSION (7).

☐ Press 3/4" ROUND PLASTIC CAPS (50) into each end of the 3/4" X 15 3/4" ROLLER PAD BARS (8).

\* NOTE: To each Pad bar, wipe a small amount of liquid dish detergent along the length of the Bar. This helps in the assembly of the Foam Pads. When the detergent dries, it acts as an adhesive.

☐ Insert one 3/4" X 15 3/4" ROLLER PAD BAR (8) into a 2 1/4" X 7" FOAM ROLLER (10). Insert the assembly through the hole in the top of the MAIN FRAME (2) front leg and press on the other 2 1/4" X 7" FOAM ROLLER (10) to the Inserted Bar.

☐ To another 3/4" X 15 3/4" PAD BAR (8), press on a 3 1/4" X 7" FOAM ROLLER (11). Insert into the lower 3/4" hole on the LEG EXTENSION (7) and assemble the other 3 1/4" X 7" FOAM ROLLER (11) onto the Inserted end of the Pad Bar.

**STEP 2 PEC-DECK ARM ASSEMBLY**

PART NAME	QTY
39 5/16" X 3 1/2" HEX HEAD BOLT	4
42 1 1/2" X 3" PLASTIC INSERT CAP	2
45 5/16" NYLON LOCK NUT	4
51 1 1/2" SQUARE PLASTIC INSERT CAP	8
60 3/8" FLAT WASHER	8

☐ Press a 1 1/2" SQUARE PLASTIC CAP (51) into the long section of each PEC-DECK ARM (12).

☐ Attach the RIGHT CAM ARM (9) and the LEFT CAM ARM (13) to the PEC-DECK ARMS (12) by assembling 3/8" FLAT WASHERS (60) onto two 5/16" X 3 1/2" HEX HEAD BOLTS (39) and bolting through the front of the Pec-Deck Arm and then through the hole locations on the Cam Arm. Assemble 3/8" FLAT WASHERS (60) onto the bolt ends and secure with 5/16" NYLON LOCK NUTS (45).

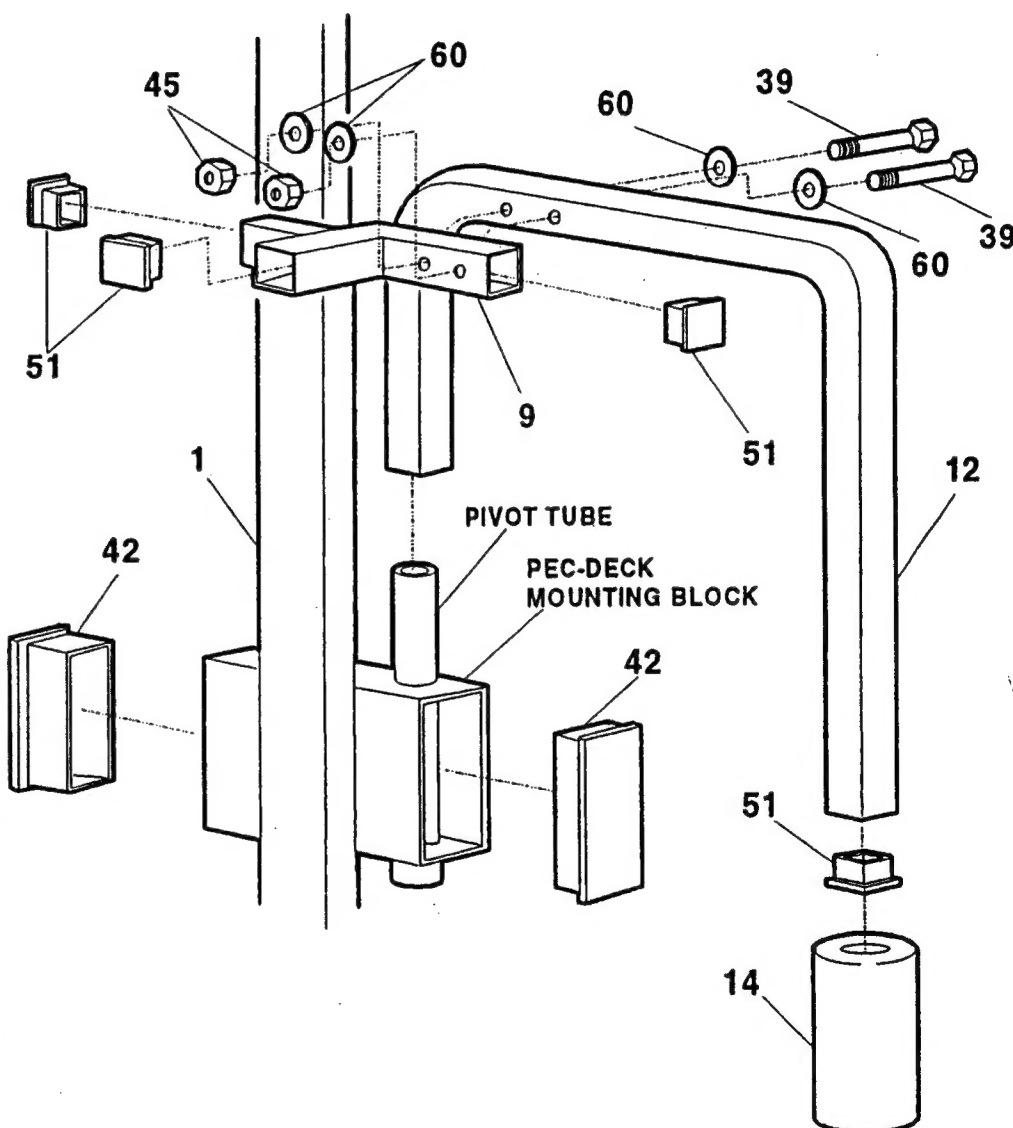
☐ Assemble 1 1/2" SQUARE PLASTIC INSERT CAPS (51) into the ends of the attached RIGHT CAM ARM (9) and LEFT CAM ARM (13).

☐ Wipe a small amount of liquid detergent along the bottom section of the PEC-DECK ARMS (12) and press on 4" X 7 1/2" FOAM ROLLER PADS (14).

☐ Insert the PEC-DECK ARMS (12) down over the pivot tubes location on the Pec-Deck mounting block which is pre-assembled on the front of the FRAME MAST (1). Use a small amount of household oil for lubrication of the pivots.

*Pec-Deck Arms should be assembled so that the Cam Arms are pointed to the back of the unit.*

☐ Press 1 1/2" X 3" PLASTIC INSERT CAPS (42) into each end of the Pec-Deck mounting block which is pre-assembled to the back of the FRAME MAST (1).

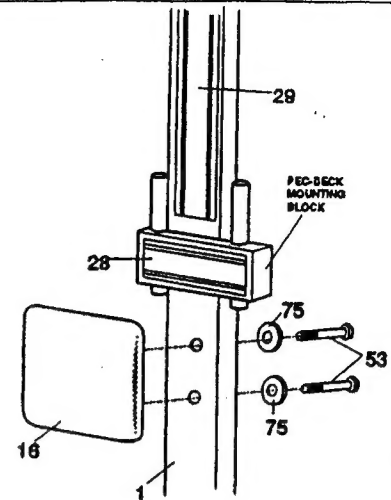




**STEP 3 DECALS & HEADREST**

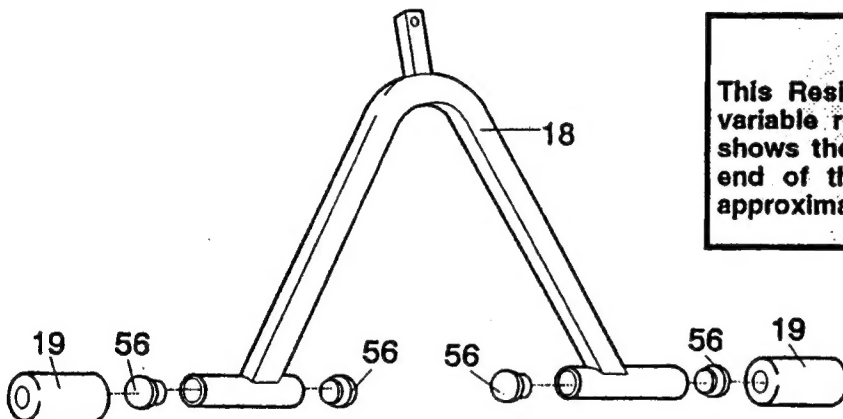
PART NAME	QTY
53 1/4" X 2" ROUND HEAD SCREW	2
75 1/4" FLAT WASHER	2

- ☐ Remove **MAST DECAL (29)** from backing sheet and affix atop the **Pec-Deck mounting block**.
- ☐ Remove the **PEC-DECK RESISTANCE DECAL (28)** and affix to the **Pec-Deck mounting block**.
- ☐ Assemble **HEAD REST PAD (16)** to the **FRAME MAST (1)** using **1/4" X 2" ROUND HEAD SCREWS (53)** and **1/4" FLAT WASHERS (75)**.

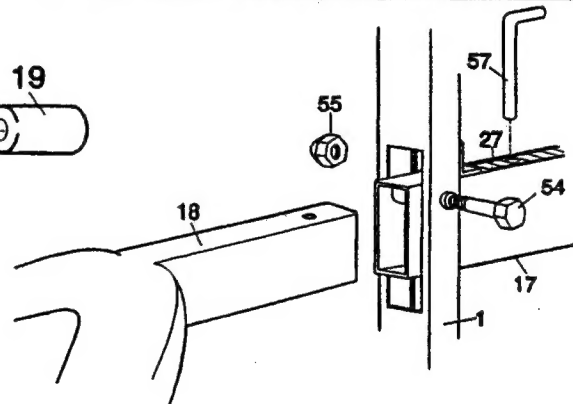
**STEP 4 ARM PRESS HANDLE ASSEMBLY**

PART NAME	QTY
54 3/8" X 3 1/2" HEX HEAD BOLT	1
55 3/8" NYLON LOCK NUT	1
56 1 1/4" ROUND PLASTIC CAP	4
57 LOCKING PIN	1

- ☐ Assemble the **LEVER ARM (17)** to the **FRAME MAST (1)** using a **3/8" X 3 1/2" HEX HEAD BOLT (54)** and a **3/8" NYLON LOCK NUT (55)**.
- ☐ Press **1 1/4" ROUND PLASTIC CAPS (56)** into each end of the grip handles on the **ARM PRESS HANDLE (18)**.

**IMPORTANT NOTICE:**

This Resistance Mechanism is a highly advanced variable resistance system. The Resistance Scale shows the **MAXIMUM** Resistance developed at the end of the exercise movement. This builds up approximately 20% from the starting position.



- ☐ Wipe a small amount of liquid detergent along the grip handles on the **ARM PRESS HANDLE (18)** and slide on **2" X 5" FOAM GRIPS (19)**.
- ☐ Remove the **LEVER RESISTANCE DECALS (27)** from the backing sheet and affix atop the **LEVER ARM (17)** with the low numbers nearest the **FRAME MAST (1)**. Remove the circular cut-out and position the hole in the Decal over the hole for the **LOCKING PIN (57)** in the **LEVER ARM (17)**.
- ☐ Insert the **ARM PRESS HANDLE (18)** into the **LEVER ARM (17)** and lock in place by inserting the **LOCKING PIN (57)** through the Lever Arm and Arm Press Handle. Caution: When using the Arm Press Handle, always be sure that the Handle is locked in place with the Lock Pin.
- ☐ You can assemble the **ARM PRESS HANDLE (18)** into the **LEVER ARM (17)** in either 1.) seated military press position or the 2.) horizontal bench press position by simply turning the Arm Press Handle either up or down.

**STEP 5 LONG CABLE & SHOCK ASSEMBLY**

PART NAME	QTY
35 5/16" X 2 1/4" HEX HEAD BOLT	1
42 1 1/2" X 3" SQUARE PLASTIC CAP	1
45 5/16" NYLON LOCK NUT	2
55 3/8" NYLON LOCK NUT	1
57 LOCKING PIN	1
60 3/8" FLAT WASHER	2
63 5/16" X 4" HEX HEAD BOLT	1
77 4 1/2" PULLEY	1
78 1/2" X 1 1/2" SPACER	1
79 SMALL SPRING CLIP	1
80 3/8" X 4 1/2" HEX HEAD BOLT	1

NOTE: THIS CABLE END HAS RUBBER BALL STOP ONLY. THE FERRULE ADJUSTER AND BALL MUST BE AT LOWER END OF CABLE.

- ☐ Assemble the welded brackets of the REAR PULLEY BRACKET (23) onto the bottom and at the rear of the LEVER ARM (17). Using a 5/16" X 2 1/4" HEX HEAD BOLT (35), bolt through the welded bracket of the Rear Pulley Bracket and then through the Lever Arm. Secure with a 5/16" NYLON LOCK NUT (45).

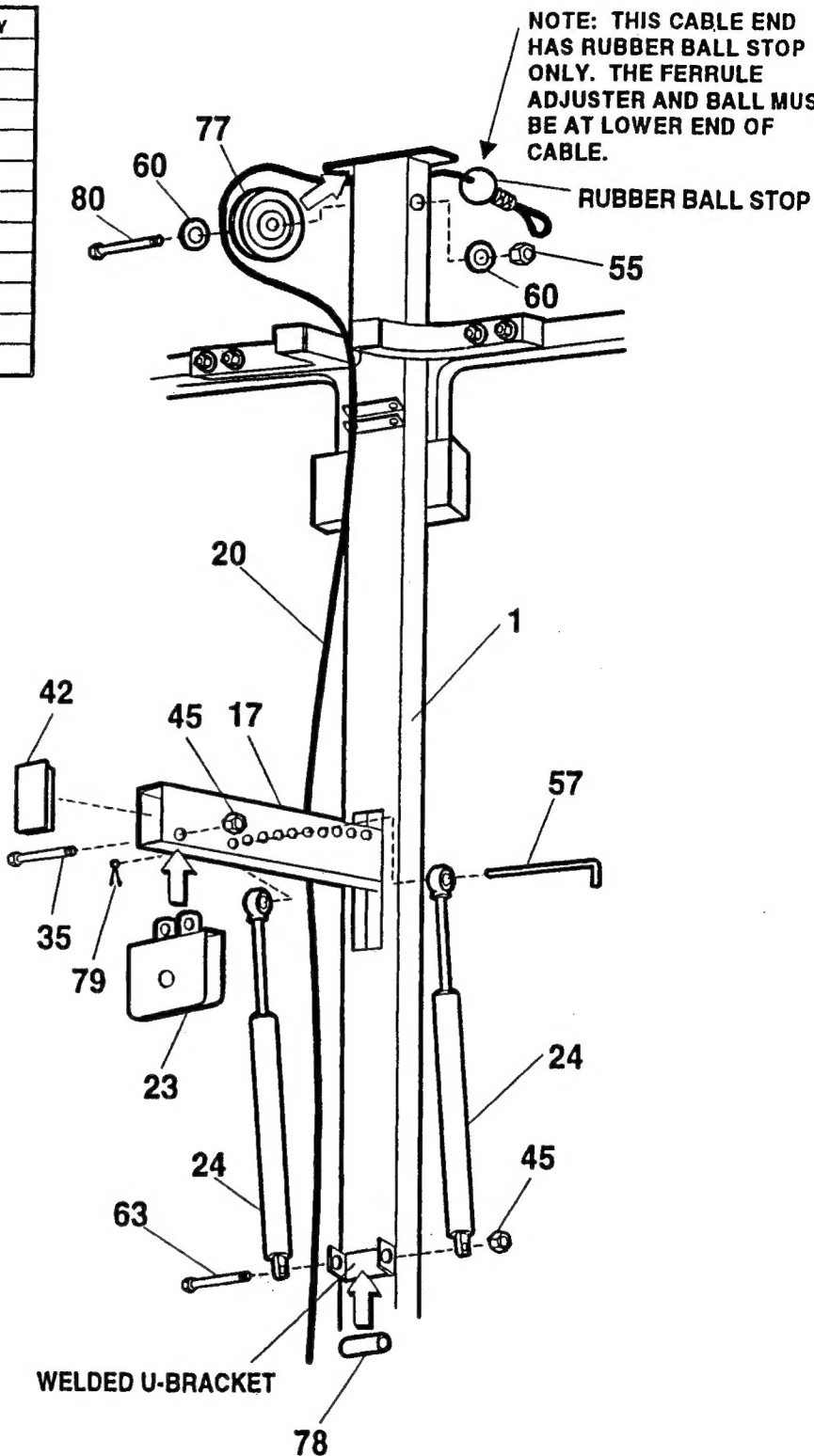
- ☐ Cap the rear of the LEVER ARM (17) with a 1 1/2" X 3" SQUARE PLASTIC INSERT CAP (42).

- ☐ Bolt the bottom of the SHOCKS (24) to the welded U-bracket located on the rear of the MAIN FRAME (1) using a 5/16" X 4" HEX HEAD BOLT (63) to bolt through the U-bracket, then through a Shock, through a 1/2" X 1 1/2" SPACER (78), through another Shock, and finally through the other side of the U-bracket. Secure with a 5/16" NYLON LOCK NUT (45).

- ☐ Assemble the upper SHOCKS (24) into one of the resistance hole settling on the LEVER ARM (17) using a LOCKING PIN (57) to pin through the Shock, into one of the resistance hole settings, and then through the other Shock. Secure with a SMALL SPRING CLIP (79).

- ☐ Loop the LONG CABLE (20) (end with only the rubber ball stop) over a 4 1/2" PULLEY (77) and position the Pulley under the cable trap bracket welded to the top of the FRAME MAST (1). Insure that the Cable is correctly seated in the Pulley groove and the rubber ball stop is in front of the bracket. Bolt the Pulley in position by assembling a 3/8" FLAT WASHER (60) onto a 3/8" X 4 1/2" HEX HEAD BOLT (80) and bolting through the Pulley and then through the side of the FRAME MAST (1). Assemble another 3/8" FLAT WASHER (60) onto the bolt end and secure with a 3/8" NYLON LOCK NUT (55).

- ☐ Bring the LONG CABLE (20) down the Frame Mast passing to the side of the LEVER ARM (17) and proceed with the lower Pulley assembly.

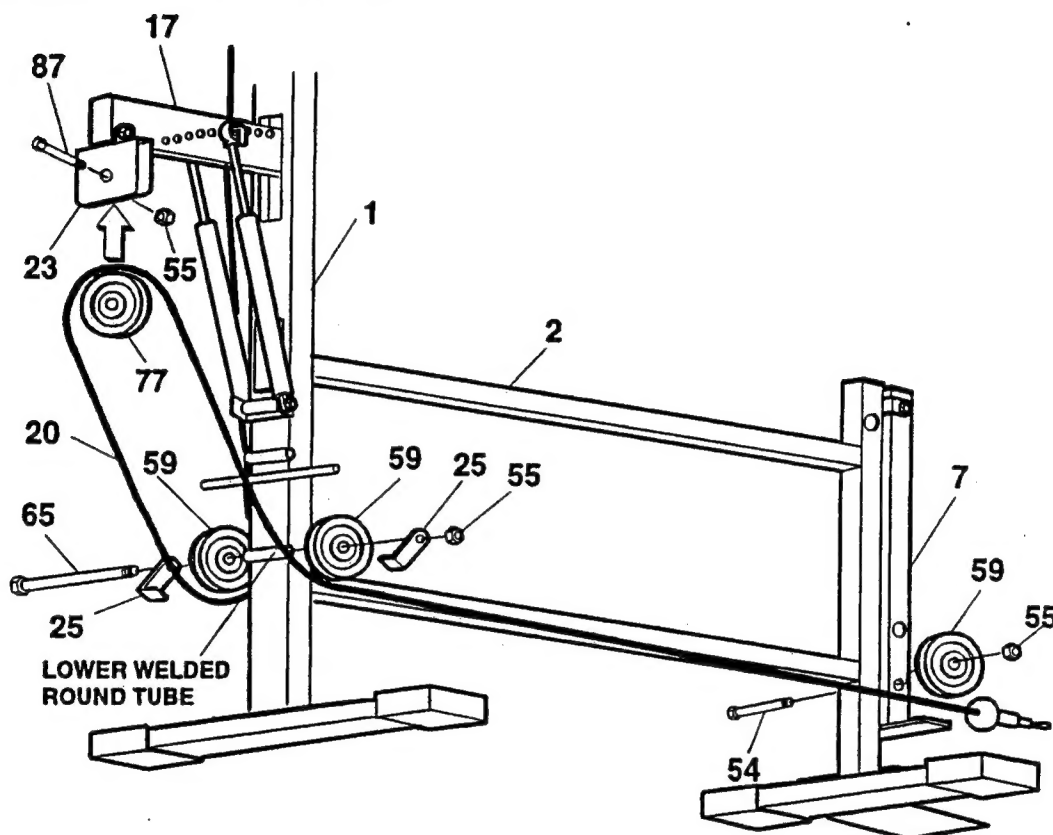




**STEP 6 LONG CABLE ASSEMBLY - LOWER**

PART NAME	QTY
54 3/8" X 3 1/2" HEX HEAD BOLT	1
55 3/8" NYLON LOCK NUT	3
59 3 1/2" PULLEY	3
65 3/8" X 6" HEX HEAD BOLT	1
77 4 1/2" PULLEY	1
87 3/8" X 3 3/4" HEX HEAD BOLT	1

- ☐ Bring the LONG CABLE (20) down to the base and under a 3 1/2" PULLEY (59). Loosely attach the Pulley and a CABLE TRAP BRACKET (25) to the lower welded round tube at the rear and base of the FRAME MAST (1) using a 3/8" X 6" HEX HEAD BOLT (65) to bolt through the Cable Trap Bracket, then the Pulley, and finally into the welded round tube. Leave this part partially assembled while completing the routing.



- ☐ Bring the Cable up to the REAR PULLEY BRACKET (23) on the LEVER ARM (17). Assemble the Cable over a 4 1/2" PULLEY (77) and insert the Pulley and Cable into the Rear Pulley Bracket. Bolt assembly into the bracket using a 3/8" X 3 3/4" HEX HEAD BOLT (87) to bolt through the Rear Pulley Bracket and then through the Pulley. Secure with a 3/8" NYLON LOCK NUT (55).
- ☐ Route the Cable back down to the base of the FRAME MAST (1) to the partially completed assembly of the 3 1/2" PULLEY (59). Assemble another 3 1/2" PULLEY (59) onto the Cable and attach to the other side of the Frame Mast from the previous assembled Pulley. Assemble the Pulley onto the bolt end of the previously assembled 3/8" X 6" HEX HEAD BOLT (65) extending through the welded round tube. Assemble a CABLE TRAP BRACKET (25) onto the bolt and secure with a 3/8" NYLON LOCK NUT (55).
- ☐ Bring the LONG CABLE (20) forward to the LEG EXTENSION (7) making sure the SLIDING CABLE STOP (58) and rubber ball stop are extended beyond the front of the Leg Extension.
- ☐ Assemble a 3 1/2" PULLEY (59) onto the Cable and assemble the Pulley to the bottom and side of the LEG EXTENSION (7) at the welded flat bracket using a 3/8" X 3 1/2" HEX HEAD BOLT (54) to bolt through the Pulley and then through the Leg Extension. Secure with a 3/8" NYLON LOCK NUT (55).
- ☐ Pull all the slack from the Cable and slide the Rubber Ball and Sliding Cable Stop up against the 3 1/2" PULLEY (59) and tighten set screw on the Sliding Cable Stop. A small amount of slack is necessary to enable easier adjustment of the gas Shocks.

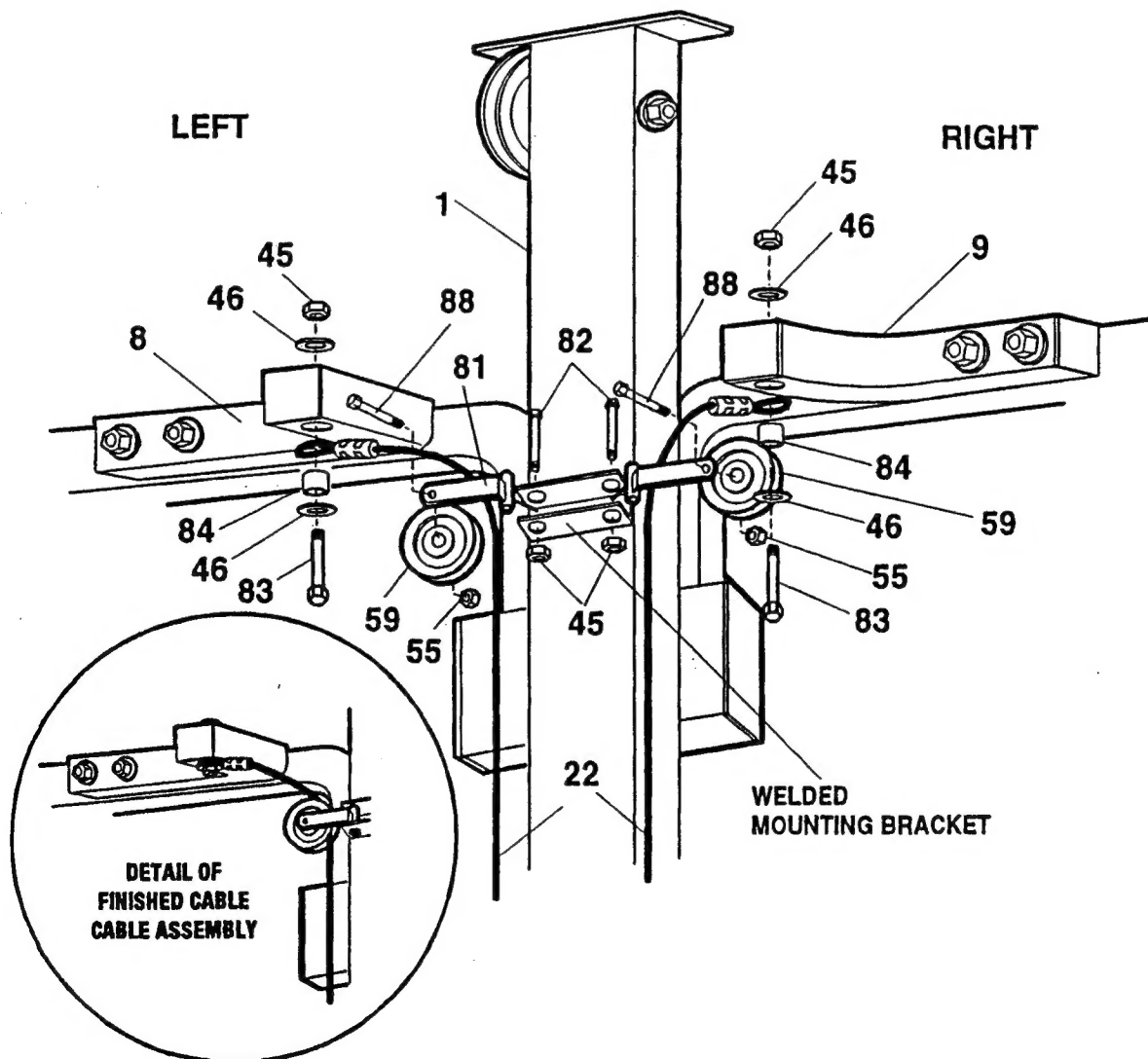
**STEP 7 SHORT CABLE ASSEMBLY**

PART NAME	QTY
45 5/16" NYLON LOCK NUT	4
46 5/16" FLAT WASHER	4
55 3/8" NYLON LOCK NUT	4
59 3 1/2" PULLEY	2
82 5/16" X 2 3/4" HEX HEAD BOLT	2
83 5/16" X 2 1/2" HEX HEAD BOLT	2
84 1/2" LONG SPACER	2
85 3/8" X 8 1/4" THREADED ROD	1
86 3" V-PULLEY	3
88 3/8" X 1 3/4" HEX HEAD BOLT	2

☐ Assemble SWIVEL PULLEY BRACKETS (81) into the mounting bracket welded to the back of the FRAME MAST (1) using a 5/16" X 2 3/4" HEX HEAD BOLTS (82) to bolt down through the top of the welded mounting bracket and then through the Swivel Pulley Bracket. Secure with a 5/16" NYLON LOCK NUT (45). Do not over tighten as these Brackets must be free to swivel. Ideally, use oil to lubricate bushings, and note correct orientation of each Swivel Bracket.

☐ Connect one end of the SHORT CABLE (22) to the underside of the LEFT CAM ARM (8) by assembling a 5/16" FLAT WASHER (46) and then a 1/2" LONG SPACER (84) onto a 5/16" X 2 1/2" HEX HEAD BOLT (83) and then bolting through the Cable loop and then up through the bottom of the Left Cam Arm. Fasten another 5/16" FLAT WASHER (46) onto the bolt and secure with a 5/16" NYLON LOCK NUT (45). Make sure that the loop of the Cable is securely trapped between the Washer and the Cam Arm but free to swivel around the 1/2" Spacer.

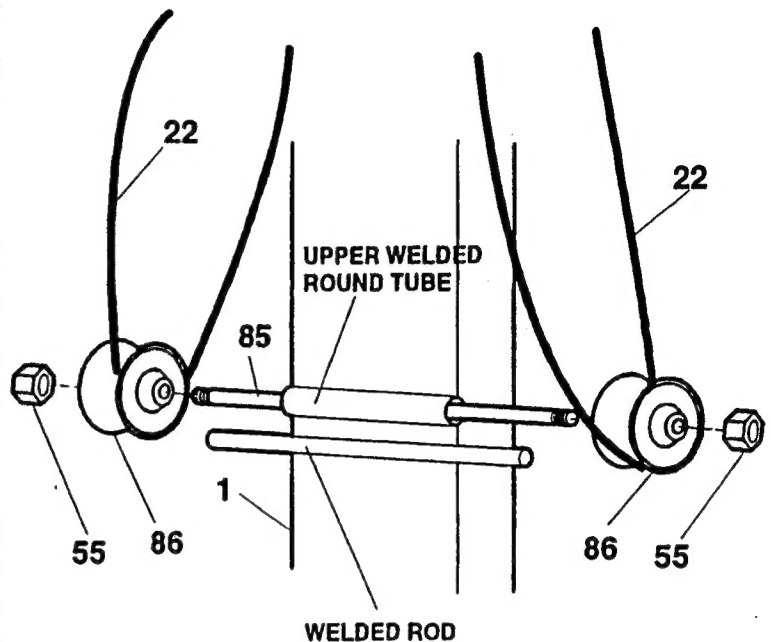
☐ Place the CABLE (22) into the groove of a 3 1/2" PULLEY (59) and place the Pulley into the left SWIVEL PULLEY BRACKET (81) so as to trap the Cable downwards. Fasten into place using a 3/8" X 1 3/4" HEX HEAD BOLT (88) to bolt through the Bracket and then through the Pulley. Secure with a 3/8" NYLON LOCK NUT (55).



- ☐ Bring the **CABLE (22)** down and alongside the upper welded round tube on the rear of the **FRAME MAST (1)**. Assemble a 3" **V-PULLEY (86)** onto the Cable and position alongside the upper welded round tube trapping the Cable between the Pulley and welded rod directly below. Insert a special 3/8" X 8 1/4" **THREADED ROD (85)** into the Pulley and welded round tube. Loosely thread on a 3/8" **NYLON LOCK NUT (55)** to hold in position.

- ☐ Bring the **CABLE (22)** up to the **REAR PULLEY BRACKET (23)** on the **LEVER ARM (17)**. Remove the 3/8" **NYLON LOCK NUT (55)** from this Pulley assembly at this Bracket. Assemble a 3" **V-PULLEY (86)** into the Cable and assemble onto the end of the previously inserted 3/8" X 3 3/4" **HEX HEAD BOLT (87)**. Ensure the Cable is securely trapped by the welded plate over the Pulley and re-assemble the 3/8" **NYLON LOCK NUT (55)** onto the Bolt. Do not over tighten as the V-Pulley must be free to turn.

- ☐ Bring the **CABLE (22)** down again to the upper welded round tube on the rear of the **FRAME MAST (1)** and repeat the assembly of the lower 3" **V-PULLEY (86)** as before positioning the Pulley alongside the upper welded round tube and onto the previously assembled 3/8" X 8 1/4" **THREADED ROD (85)**. Insure the Cable is securely trapped as before between the Pulley and welded rod below. Secure with a 3/8" **NYLON LOCK NUT (55)**. Do not over tighten as both V-Pulleys must be free to turn.

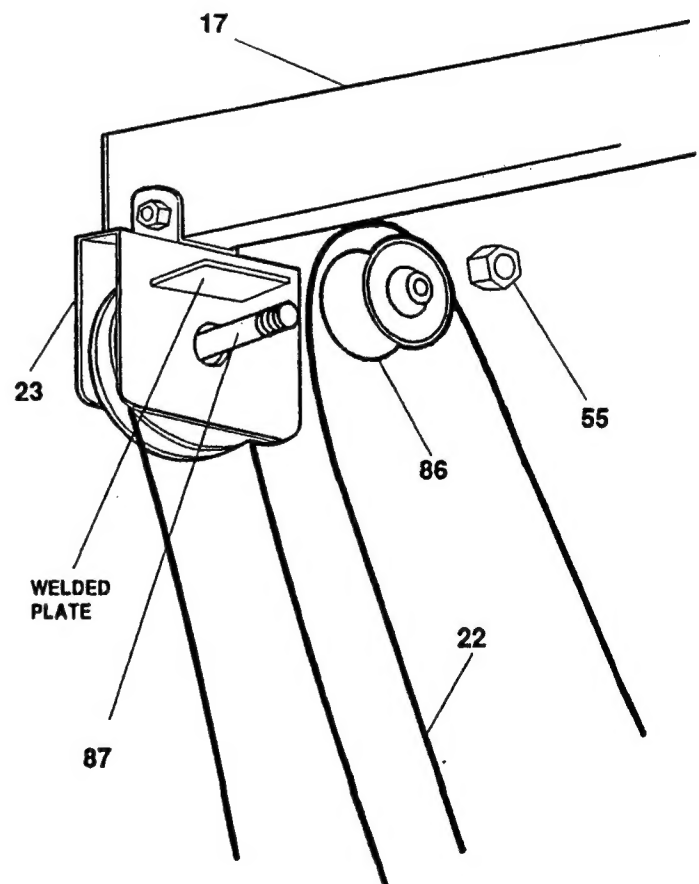


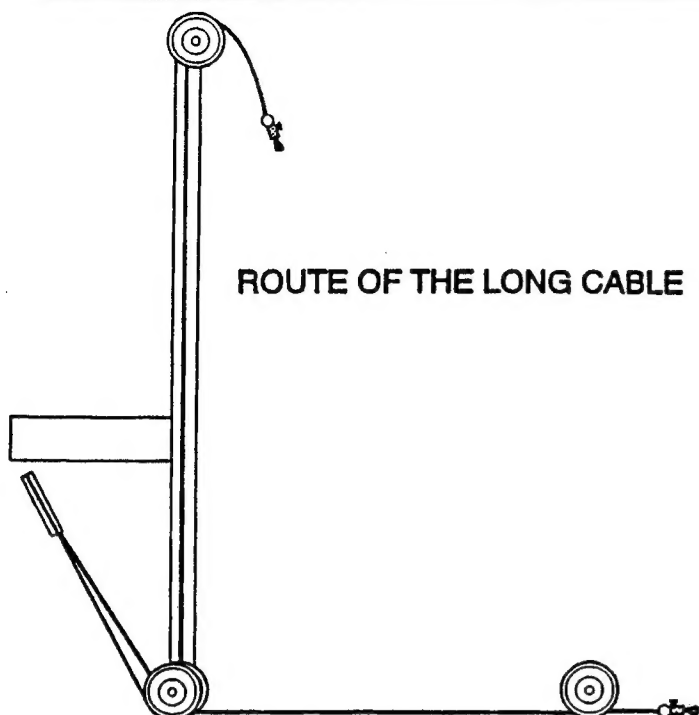
- ☐ Bring the **CABLE (22)** back up the **FRAME MAST (1)** on the opposite side of the **LEVER ARM (17)** and continue on up to the mounting bracket welded to the back and at the top of the Mast. Place the Cable into the groove of another 3 1/2" **PULLEY (59)** and place the Pulley into the right **SWIVEL PULLEY BRACKET (81)**. Fasten into place using a 3/8" X 1 3/4" **HEX HEAD BOLT (88)** to bolt through the Bracket and then through the Pulley. Secure with a 3/8" **NYLON LOCK NUT (55)**.

- ☐ Continue to bring the **CABLE (22)** up to the underside of the **RIGHT CAM ARM (13)**. Fasten the Cable to the Arm by again assembling a 5/16" **FLAT WASHER (46)** and then a 1/2" **LONG SPACER (84)** onto a 5/16" X 2 1/2" **HEX HEAD BOLT (83)** and then bolting up through the bottom of the Right Cam Arm. Fasten another 5/16" **FLAT WASHER (46)** onto the bolt and secure with 5/16" **NYLON LOCK NUT (45)**. Once again make sure that the loop of the Cable is securely trapped between the Washer and the Cam Arm but free to swivel around the 1/2" Spacer.

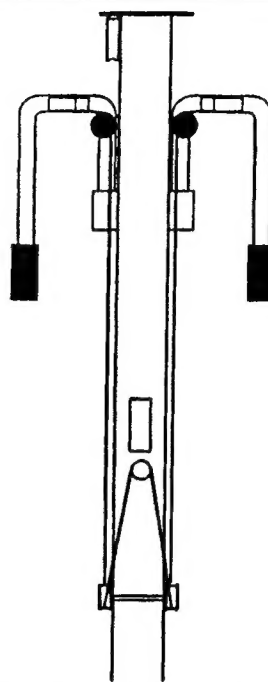
- ☐ Ensure the Cables are correctly run with reference to the Cable run diagrams.

- ☐ Check to be sure you have not crossed any Cables around each other. Initially select a light resistance and check the functioning of all exercise stations, checking all pulleys are turning freely and the Cable run is correct before using the machine for your exercise program.





ROUTE OF THE LONG CABLE

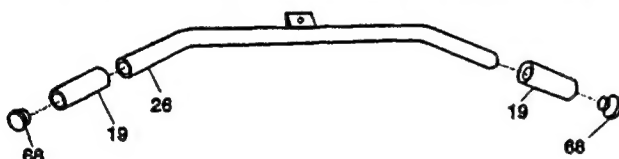


ROUTE OF THE SHORT CABLE

## RESISTANCE ADJUSTMENT

To adjust the exercising resistance on the Lever Arm, start with the pin in the first hole position nearest the Mast to select minimum resistance. Then using only one pin and one Gas Shock, select any resistance up to 110 lbs. by adjusting one side only. When you require more than 110 lbs, keep the first Gas Shock at the maximum 110 lb. position and start increasing the other side until a maximum of 220 lbs. (all exercises other than Press Arm) or 330 lbs for Press Arm is selected when both Gas Shocks are in the final position.

## THERE ARE SEVERAL ACCESSORY ITEMS INCLUDED WITH THE HOME GYM



### ☐ LAT BAR:

- To the LAT BAR (26), press 1" ROUND PLASTIC INSERT CAPS (68) into each end of the Bar and assemble 2" X 5" FOAM GRIPS (19) to the Bar with the aid of a small amount of liquid dish detergent.
- To use the Lat Bar, connect it to the Cable at the top Frame Mast with a "S" HOOK (69). This Bar is used to do all Lat Pull-Down exercises.

### ☐ LEG STRAP/DUMBBELL HANDLE:

- Using a "S" HOOK (69), the LEG STRAP/DUMBBELL HANDLE (30) is connected to the Cable at the Base Pulley at the front of the unit.
- This accessory is used for all Leg exercises.
- Connect the DUMBBELL HANDLE (30) to the Cable at the Base Pulley to perform single Arm Curls, and Side Lateral Raises.
- Note: Many of the exercises performed with these accessories may need to be connected with the use of the 34" ACCESSORY ROPE (32) as desired to give proper distancing from the unit.

